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NEW YORK CITY NO. 1 FREE DAILY I
Tuesday, December 4, 2018 metro.us | t: MetroNewYork | f:

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# A TIME FOR MOURNING

President Donald Trump declared Wednesday a national day of mourning as George H. W. Bush's casket arrived in Washington, D.C., on Monday, where he will lie in state for three days until his funeral. 4, 6

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## WELCOME TO METRO.US

JEFF TOMKO, NEWS EDITOR

This Wednesday marks the national day of mourning to honor former President George H.W. Bush, who died Friday, Nov. 30, at the age of 94. For me, his death is uniquely personal as he was in the White House when I was a young intern working on Capitol Hill. Admittedly, it was a different era in Washington — still rough-and-tumble politics — but he was known to reach across the political aisle while pledging to make the United States a "kinder, gentler" nation. To quote the U.S. Navy in tribute to Bush: "Fair winds and following seas, Sir. We have the watch."

***Read more inside and at metro.us.***

## TRUMP EXPECTS TO RAISE CHINA TARIFFS: WSJ

1 President Donald Trump said on Monday he expected to move ahead with raising tariffs on $200 billion in Chinese imports to 25 percent from the current 10 percent and repeated his threat to slap tariffs on all remaining imports from China. In an interview with the Wall Street Journal four days ahead of his high-stakes meeting with Chinese President Xi Jinping in Argentina, Trump said it was "highly unlikely" he would accept China's request to hold off on the increase, which is due to take effect on Jan. 1. "The only deal would be China has to open up their country to competition from the United States," Trump told the Journal. "As far as other countries are concerned, that's up to them." Trump, who is due to meet Xi on the sidelines of a G20 summit in Buenos Aires this week, said that if negotiations were unsuccessful, he would also put tariffs on the rest of Chinese imports. "If we don't make a deal, then I'm going to put the $267 billion additional on" at a tariff rate of either 10 percent or 25 percent, Trump told the Journal. A Chinese official told reporters last week that the two leaders would look to set guidelines for future talks.

## SPACEX LAUNCHES BIGGEST US 'RIDE-SHARE' MISSION

2 Elon Musk's SpaceX launched a Falcon 9 rocket from California on Monday carrying 64 small satellites into low orbit around the Earth, which the company called the largest-ever "ride-share" mission by a U.S.-based rocket. The mission, dubbed SSO-A, also marked the third voyage to space for the same Falcon 9 rocket — another milestone for SpaceX's cost-cutting reusable rocket technology. The Falcon 9 blasted off from Vandenberg Air Force Base in California at 10:34 a.m. local time carrying satellites from 34 different companies, government agencies and universities, including the University of Illinois. SpaceX said the mission was "one of the most complex and intricate endeavors" for Seattle-based startup Spaceflight, the ride-share company that arranged passage for each satellite maker. The mission comes days after India fired a rocket carrying 31 satellites into space. After the launch, the Falcon 9's first-stage booster returned to Earth as planned, landing on a ship off the coast of southern California, according to a live video of the flight.

## CONGRESSIONAL LEADERS HOST ARRIVAL CEREMONY AT CAPITOL FOR LATE PRESIDENT GEORGE H.W. BUSH

3 The flag-draped casket containing the remains of former U.S. President George H. W. Bush lies in state in the U.S. Capitol Rotunda on Monday in Washington, D.C. A WWII combat veteran, Bush served as a member of Congress from Texas, ambassador to the United Nations, director of the CIA, vice president and 41st president of the United States. A state funeral for Bush will be held in Washington over the next three days, beginning with his lying in state in the rotunda until Wednesday morning.

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## AVOCADOS REMOVED FROM UK RESTAURANT MENUS

4 Avocados may be falling out of favor with some restaurants in Britain as they move to ban the trendy food from their menus, amid environmental and land concerns. The fruit has gained popularity in Britain, becoming synonymous with hipster hangouts and millennials. Now, some cafes in Britain are ditching avocados on ethical grounds, claiming that the water-intensive fruit is harming farmers and land in regions such as South America where is it grown. "The Western world's obsession with avocado has been placing unprecedented demand on avocado farmers," wrote Wild Strawberry Cafe on its Instagram page, stating that serving the fruit no longer aligned with its ethos. "Forests are being thinned out to make way for avocado plantations. Intensive farming on this scale contributes to greenhouse emissions by its very nature & places pressure on local water supplies." The announcement received mixed reviews, with some calling for restaurants to go further and ban ingredients such as meat, matcha and almonds, while others suggested that the move was a cynical marketing ploy.

## LUKE'S LIGHTSABER LEADS 'STAR WARS' PROP AUCTION

5 Luke Skywalker's lightsaber from the first "Star Wars" film is going up for auction in Los Angeles next week and could fetch up to $200,000. Auctioneers Profiles in History said on Monday it also is selling some 25 other "Star Wars" items, including an original black TIE-fighter pilot helmet from the first, 1977 movie that could fetch even more money — up to $300,000. "Star Wars" movies have made billions of dollars at the box office worldwide and props and costumes from the sci-fi saga can fetch sky-high prices at auction. A complete R2-D2 droid used in the first, 1977 movie sold for $2.76 million in 2017, and a different lightsaber used by Skywalker fetched $450,000 last year. Profiles in History called next week's offering unprecedented for "Star Wars" memorabilia. The lightsaber up for auction was used by actor Mark Hamill's young Skywalker character in "Star Wars: A New Hope" and was designed by Oscar-winning set decorator Roger Christian. In a letter accompanying the sale, Christian describes how he hand-made the lightsaber, one of about five used in the first film, "using whatever I could lay my hands on at the time."

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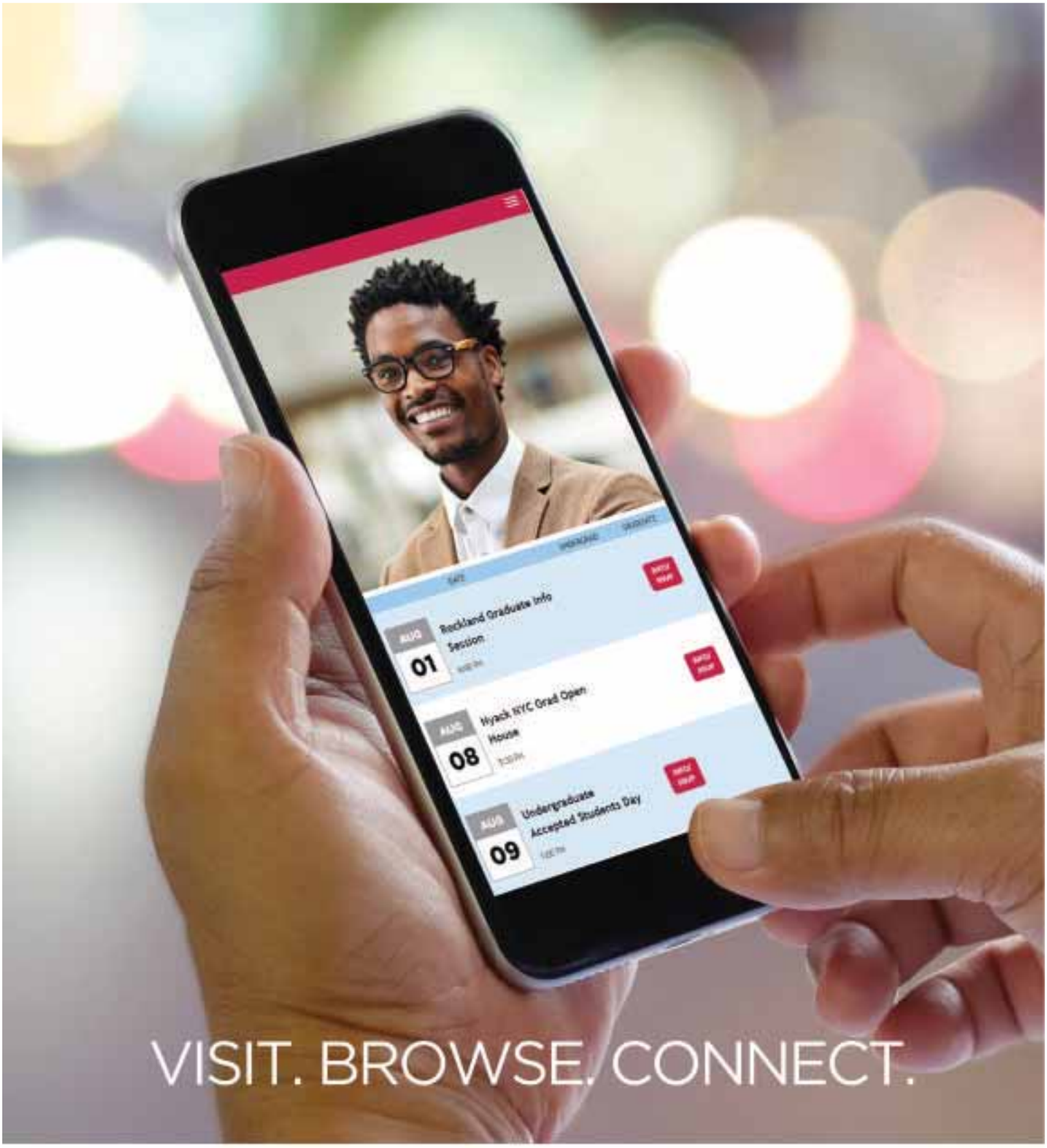


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# Body of former President George H.W. Bush lies in state in Capitol

Trump declared Wednesday a national day of mourning.

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The body of former President George H.W. Bush arrived on Monday at the U.S. Capitol in Washington, where mourners will pay tribute to the man who led the nation as the Cold War ended.

With hands on hearts, members of Bush's cabinet, lawmakers and Supreme Court justices honored the 41st president as his flag-draped casket entered the Capitol Rotunda.

The Bush family, led by son and former President George W. Bush, accompanied the patriarch's body on the flight aboard Air Force One from Texas to Joint Base Andrews outside Washington, and then on a final trip down Pennsylvania Avenue to the steps of the Capitol.

Senate Majority Leader Mitch McConnell, the first official to speak in the Rotunda, described George H.W. Bush as a "humble servant" and "a principled leader."

"He kept us flying high and challenged us to fly higher still, and he did it with modesty and kindness that would've been surprising in someone one-tenth as tough and accomplished as he was," McConnell said.

The body of the Republican former president will lie in state in the Rotunda through Wednesday, when a state funeral is scheduled at the Washington National Cathedral.

Mourners began lining up at the Capitol to pay respects to Bush, who died at his Houston home on Friday night at the age of 94, seven months after the death of his wife Barbara.

Many spoke of Bush's role in a bygone era of bipartisan civility in U.S. politics, a sharp contrast to today's bitter divisions in the age of President Donald Trump, a fellow Republican.

"It really is about the character, and how they [Bush and others in his cabinet] ran our government. That's why I'm here," said Sheila Murray, 58, from Stevensville, Maryland, who came with her 14-year-old son Thomas.

After services in Washington, there will be another funeral in Houston on Thursday, followed by burial at the Bush Presidential Library in College Station, Texas.

Bush served two terms as vice president under fellow Republican President Ronald Reagan before his own stint in the Oval Office from 1989 to 1993, a time that saw the end of the Cold War as well as the United States' routing of Iraqi President Saddam Hussein's army in the 1991 Gulf War.

He failed to win a second term after breaking a no-new-taxes pledge.

Trump has ordered the federal government to close on Wednesday and both the New York Stock Exchange and Nasdaq will be closed in observance. U.S. bond and options markets were also due to be closed, with energy and foreign exchange markets expected to remain open.

Remembrances to George and Barbara Bush sprang up in the Houston neighborhood where they made their home, at a memorial to President Bush at a city park and at the airport named in his honor. REUTERS

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# Wednesday declared 'day of mourning'

President Trump's declaration for Wednesday will honor the passing of former President George H.W. Bush. But what does a day of mourning entail, and who's eligible?

MICHAEL MARTIN
letters@metro.us

President Trump has declared Wednesday a national day of mourning to commemorate former President George H.W. Bush, who died Nov. 30 at the age of 94. It will coincide with the state funeral for the 41st president, which will be held at the Washington National Cathedral beginning at 11 a.m.

It's officially a national holiday: Flags will fly at half-staff, government offices will shutter, and there will be no trading on the Dow Jones or Nasdaq. The Post Office will be closed, and the Supreme Court has postponed arguments for one day.

In the U.S., a national day of mourning has historically been reserved to mark the death of former commanders-in-chief.

The last national day of mourning was declared by President George W. Bush to mark the passing of former President Gerald Ford at age 93. On that day of mourning, Jan. 2, 2007, flags were lowered to half-staff and the financial markets were closed.

Flags flew at half-staff for 30 days. Trump has ordered the same tribute for the first President Bush.

George H.W. Bush served one term from 1989 to 1993, when he was succeeded by President Bill Clinton. But the elder Bush had extensive history in the upper echelons of government: He was appointed U.S. ambassador to the United Nations under President Nixon and U.S. ambassador to China; then director of the CIA, under Ford; then served eight years as Ronald Reagan's vice president. He died in Houston on Friday night after years of declining health, about eight months after former first lady Barbara Bush died at age 92.

Former President George W. Bush released a statement about his father on Friday night. "George H. W. Bush was a man of the highest character and the best dad a son or daughter could ask for," he said. "The entire Bush family is deeply grateful for 41's life and love, for the compassion of those who have cared and prayed for Dad, and for the condolences of our friends and fellow citizens."

> **"George H. W. Bush was a man of the highest character and the best dad a son or daughter could ask for."**
>
> **Former President George W. Bush**

President Trump and first lady Melania Trump are expected to attend the senior Bush's funeral on Wednesday. George W. Bush will eulogize his father. Presidents Barack Obama, Bill Clinton and Jimmy Carter are also expected to attend, along with all former first ladies, except for Rosalynn Carter, CNN reported on Monday.

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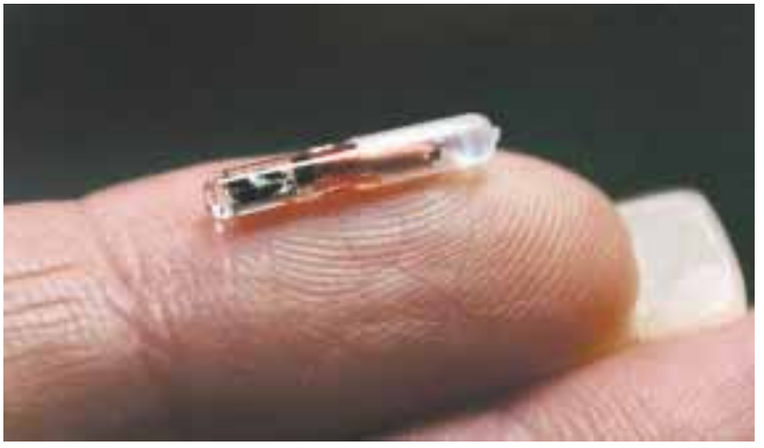

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# Human microchipping is here; are you ready?

A microchip could open your front door, start your car and make purchases. But do the benefits outweigh the risks?

ANNA HARSTEDT
letters@metro.us

When Patrick McMullan wants something to drink while he's at work, it's like a scene from a sci-fi movie.

Utilizing a microchip implanted between his thumb and forefinger, McMullan waves his hand over a sensor, the vending machine immediately deducts money from his account, and the drink is dispensed. At Three Square Market, a technology company in Wisconsin, 80 of his employees have been doing likewise for a year now.

Last summer, after being inspired by a Swedish company making microchips, McMullan announced a new program at the company where they would pay volunteer employees to be microchipped.

The chips, the size of a large grain of rice, are intended to make it easier to do things at work like getting into the office without a key, log on to computers, and buy food in the company's cafeteria, according to a statement from Three Square Market.

With a microchip and Wi-Fi, you can control your home by unlocking the door, adjusting the lighting, or paying for items at a store — all with a flick of the wrist. Your medical history could be instantly accessible if you are admitted to hospital, and you could use it instead of a passport while traveling, according to Three Square Market.

But there are serious security concerns to be aware of.

"Companies often claim that these chips are secure and encrypted," Alessandro Acquisti, a professor of Information Technology at Carnegie Mellon University, told ABC News. "But 'encrypted' is a pretty vague term and can include anything from a secure product to something that is easy to hack," he added.

A microchip meant to make people's lives easier could be a way for hackers to track down information or for companies to use in invasive ways, like tracking down the length of employees' bathroom or lunch breaks without their consent or even their knowledge.

"Once they are implanted, it's very hard to predict or stop a future widening of their usage," Acquisti said.

There are also health concerns: Implantable radio-frequency transponder systems, the technical name for the chips, were approved by the Food and Drug Administration in 2004 for medical uses, but they warned that in some cases, the implantation site may become infected, or the chip may migrate elsewhere in the body.

Noelle Chesley, associate professor of sociology at the University of Wisconsin-Milwaukee, believes that everyone will have a microchip implant eventually.

"Maybe not my generation, but certainly that of my kids," she said.

However, Gene Munster, an analyst at Loup Ventures, thinks it will take at least 50 years until it becomes more common and more usable.

**"In 10 years, companies like Facebook, Google and Apple will not have their employees chipped. You'll see some forward-looking tech people adopting it, but not large companies."**

**Gene Munster, analyst at Loup Ventures**

"In 10 years, companies like Facebook, Google and Apple will not have their employees chipped. You'll see some forward-looking tech people adopting it, but not large companies," he said.

So far, microchip implants are only being used by some companies and their employees in Sweden, Australia and in the U.S., but it's a technology that is developing constantly.

Being able to buy a drink with a wave or not having to worry about forgetting one's keys or wallet sounds great, but is it worth the risk?

# 2018 WellCare® COMMUNITY HEROES AWARDS

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## 2018 Award Honorees

**Honoree: Rocio Garcia**, CBO Grant Recipient: Bronx Legal Service, NYC (center) joined by WellCare Associates

For six years, **Rocio Garcia** has helped transform the Soundview Community Partnership Program through activities like the annual women's empowerment event, Father's Day BBQ and a back- to-school event to help disenfranchised children prepare for a new school year. She is also a domestic violence advocate with Violence Intervention Program, Inc. in the Bronx.

**Honoree: Steven Ritz**, CBO Grant Recipient: Green Bronx Machine (center) joined by WellCare Associates

**Stephen Ritz** is the founder of Green Bronx Machine, which pioneered the use of indoor, urban agriculture in the South Bronx. Through his work, Ritz founded the first edible classroom in America, which regularly feeds 450 students. His indoor and outdoor farms across the community provide food, workforce development and community access, while transforming culture and academic performance in schools.

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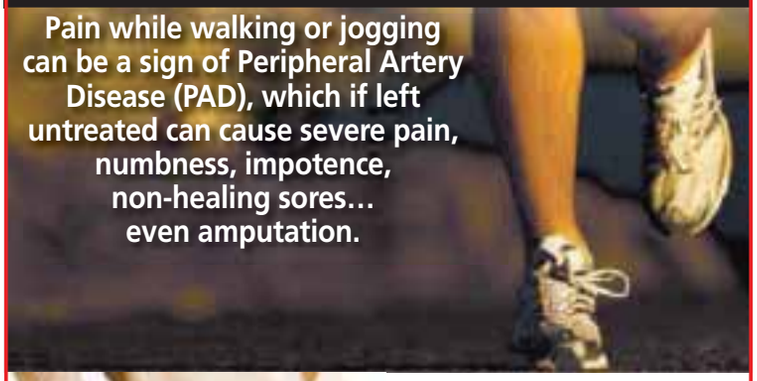
# Leg Pain & Cramps While Walking?



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ISTOCK

# Ikea opening first of new city center stores in Manhattan

Ikea is embarking on a new kind of store, and New York City is getting the first one.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us


New York City is getting a new Ikea, but you won't be able to get your Swedish meatball fix in the food court before perusing a warehouse full of Färlöv sofas.

A different kind of Ikea is slated to open in Spring 2019 in Manhattan, becoming the first store in a new effort by the Swedish company to set up shop in city centers across the United States.

Rather than the cavernous stores that stretch out across thousands of square feet (the Red Hook Ikea, for reference, is a total of 346,000 square feet), the new Manhattan Ikea will be 17,530 square feet over three floors, a company rep said.

The company calls the upcoming smaller Manhattan store an "Ikea Planning Studio," a concept that was co-created by New Yorkers who gave input to the company through a planning process.

The Manhattan Ikea will give customers the chance to choose and order products "for delivery to their home, which is what urban residents want and need," according to the company.

The store will also focus on "smart solutions for urban living and small spaces." The Manhattan Ikea will open in Spring 2019 at 999 Third Ave.

**"We recognize that we are in a rapidly changing retail environment, and to be fit for long-term growth, Ikea is transforming in a way that lets us meet our customers where they are."**
**Lars Petersson, country manager for Ikea Retail U.S.**

There are currently no plans to include a restaurant or bistro in the Planning Studio, a representative said, and as the majority of the products will be for delivery only, there will be no warehouse either.

"We recognize that we are in a rapidly changing retail environment, and to be fit for long-term growth, Ikea is transforming in a way that lets us meet our customers where they are," Lars Petersson, country manager for Ikea Retail U.S., said in a statement.

"New York City is the natural choice to open the first city center store — the most vibrant, dynamic city in the U.S.," he added, "and the epicenter of retail, business, and culture."

The Manhattan store is part of a bigger effort, the company added, to make Ikea more accessible and convenient for shoppers around the world. The company is planning 30 new "touchpoints" in U.S. city centers.

Ikea recently opened a new customer fulfillment center in Staten Island and plans to remodel the Brooklyn Ikea as well. Over the next two years, Ikea aims to create 11,500 new jobs around the world through these urban stores. However, the company also said 7,500 jobs "may be redundant" as the company makes these changes. In the U.S., the company only expects to lay off 75 employees for "redundant" jobs.

# The Powerful ( and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

**NEW YORK CITY -** A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

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**This treatment is called:** "Radiofrequncy Neurotomy." RF for s short. And here's how is works...

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*You see, the real secret is the formula.* And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

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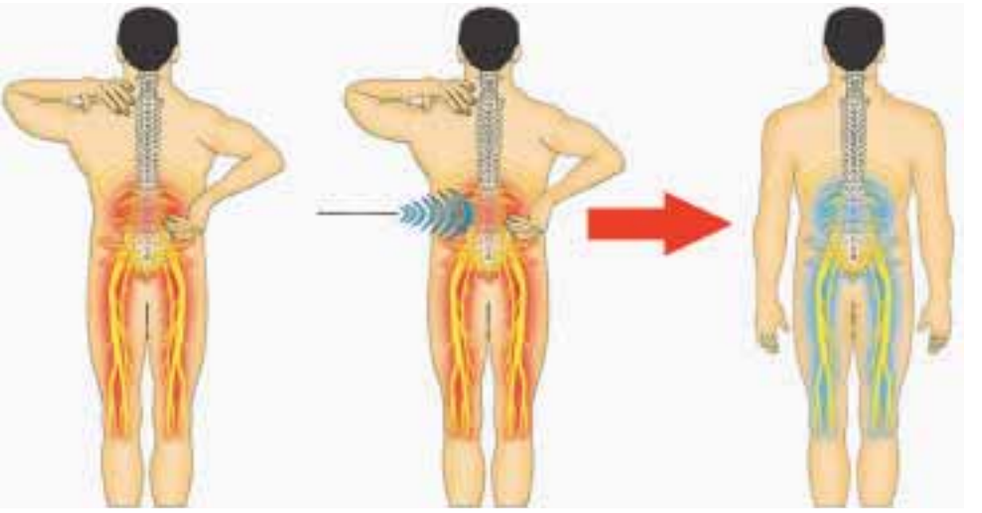

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**You should also know this:** While *NYC Pain MD* cannot help everyone… so many have gotten the pain relief they were looking for.

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They do not want insurance issues… or not being rich or famous… to keep you away if you are suffering in pain.

**How To Schedule Your Risk-Free No-Obligation Screening Evaluation**

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested … take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252.** More info at: *painmdny.com/back-pain*

REUTERS IMAGE

# Queens borough president calls on Amazon to pay for Brooklyn-Queens Connector

Borough President Melinda Katz supports Amazon HQ2 in Queens, but said the company should help fix infrastructure.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Since Amazon announced that its HQ2 is coming to Queens, New Yorkers have wondered how the fraught NYC subway system and other infrastructure throughout the city will be able to handle the influx of workers. Now, Queens Borough President Melinda Katz has an idea.

Katz on Monday called for Amazon to pay for the construction of the Queens-Brooklyn Connector (QBX), also called the Brooklyn-Queens Connector (BQX).

The above-ground BQX is expected to stretch 16 miles, from Sunset Park, Brooklyn to Astoria, Queens, Mayor Bill de Blasio detailed back in 2016.

But the streetcar line between the two outer boroughs isn't progressing as expected. As a soon-to-be member of the Queens community, Amazon should step up, Katz said.

"Amazon's pick of Long Island City is a game-changer for Queens," she said in a statement. "That said, the community's significant concerns about capacity, equity and already-strained infrastructure needs are certainly valid, especially given the substantial tax incentives offered to Amazon.

"A substantial and meaningful investment by Amazon that helps ensure the feasibility of QBX would be a fair investment into its new home, and a welcome opportunity for a good corporate neighbor to directly benefit the existing, impacted communities of Western Queens," she continued.

The connector should also include a free transfer to MTA subways and buses and reduced "Fair Fares" for lower-income New Yorkers, according to Katz. And since subways are likely to become overcrowded when Amazon HQ2 moves into Queens, she added that the Long Island City and Hunters Point Avenue LIRR stations should become "full-time stations with enhanced service."

Katz's comments on Amazon's role in improving New York City's transportation infrastructure come in light of the City Council's upcoming hearings, according to her office.

Last week, New York City Council Speaker Corey Johnson announced there will be a series of hearings with elected officials and Amazon executives to talk more about what the HQ2 deal means for Long Island City and beyond.

While some officials have been strongly in support of Amazon HQ2 in Queens, Johnson is among a group raising concerns about the effect the addition will have on the area.

Katz previously said that Queens is "primed" for Amazon and overall supports the deal, but is now acknowledging the neighborhood's infrastructure needs.

"The company and the public sector must work together to make investments in necessary transit improvements that will support Queens residents," she said.

# NYC students hold 'Keep CUNY Out of Amazon' protest

GETTY IMAGES

Brooklyn college students held a protest of Amazon HQ2 in Queens on Monday ahead of a CUNY Board of Trustees public hearing at LaGuardia Community College.

Students with the City University of New York (CUNY) and the State University of New York (SUNY) had been circulating a petition criticizing how city, state and school officials have handled the Amazon in Long Island City situation.

Amazon HQ2 is set to be built near LaGuardia Community College in Long Island City, Queens.

CUNY Board of Trustees have said in a statement that CUNY is "thrilled to be a lead partner in Amazon's exciting headquarters expansion" and that the school "will commit our considerable college assets to ensure that Amazon has a strong pipeline for talents, ideas and innovation."

But CUNY and SUNY students "will not be used as pawns in the state and city's plans to bring corrupt corporations into the city," they write in the petition.

"CUNY seems unable to pay adjuncts decent wages, cannot fix its infrastructure, keeps increasing tuition and more, and yet the University is OK with funding Amazon instead of CUNY," it continues. "CUNY administration thinks it's okay for the state and city to invest $3 billion in Amazon while students struggle to pay tuition, graduate on time, make it to class on time because of a crumbling public transportation system, struggle with secure housing situations, are targeted and/or in fear of ICE, etc. CUNY administration thinks it's OK that taxpayer money goes toward funding a helipad for the richest person in the world instead of CUNY."

Students and other activists gathered outside of the Mainstage Theatre on the LaGuardia Community College campus at 3:30 p.m. on Monday, ahead of the CUNY Board of Trustees' 4:30 p.m. public hearing.

Outside of just CUNY students, activists across the city are voicing their concerns about Amazon HQ2 in Queens.

Ahead of Cyber Monday, activists asked people to avoiding shopping on the site, and on Monday, Dec. 3, a group of activists launched a Google Chrome browser extension to help people boycott the tech giant.

The extension, called "Block Amazon for Me," blocks access to multiple e-commerce sites owned by Amazon, including amazon.com, audible.com, pillpack.com, woot.com, zappos.com and more.

The "boycott Amazon" browser extension supports efforts by New York City groups that have been critical of the company's labor practices and the tax incentives for Amazon HQ2 in Long Island City, including the Retail, Wholesale and Department Store Union, UFCW, Workers United, SEIU, Make the Road New York, New York Communities for Change (NYCC), ALIGN and elected officials against Amazon.

KRISTIN TOUSSAINT

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# Cardi B fails to show up for hearing over August fight at New York club

Judge Scott Dunn says the rapper faces arrest if she skips out on Friday's rescheduled hearing.

A New York judge on Monday rescheduled Cardi B's court hearing to Friday after she failed to appear in criminal court to face charges of assault in connection with a fight at a strip club, but warned that she risked arrest if she did not show up again.

The 26-year-old performer, whose real name is Belcalis Almanzar, surrendered to police in October after being accused of involvement in the Aug. 15 incident at the Angels NYC strip club in the borough of Queens.

Judge Scott Dunn told her lawyer "to convey to her that it's not acceptable that she's not here today," after she failed to show up for her scheduled appearance.

"You should inform her that if she doesn't show up to the arraignment on Dec. 7, that unless the circumstances change, then it's very likely the court will issue a bench warrant for her arrest," Dunn said to her lawyer, Jeff Kern.

Cardi B, a two-time Grammy Award nominee, has topped music charts in recent years with hits "Bodak Yellow" and "Girls Like You," a collaboration with Maroon 5.

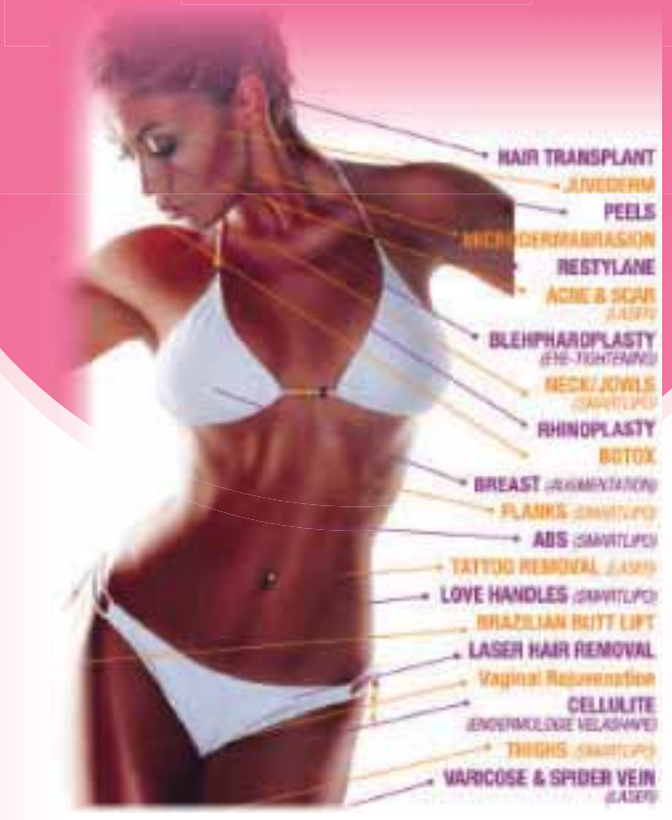
On her verified Instagram profile under the "Story" section, Cardi B early Monday posted a video featuring her on an aircraft and another showing a vibrant blue ocean. There was no indication where the photos were taken or when she may have been at the locations.

Kern, who admitted that he rarely had direct communication with Cardi B but spoke with her through business managers, apologized to the judge and

**"If she doesn't show up to the arraignment on Dec. 7, unless the circumstances change, then it's very likely the court will issue a bench warrant for her arrest."**

**Judge Scott Dunn**

THE RESULTS SPEAK FOR THEMSELVES!



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REUTERS IMAGE

blamed her failure to appear in court on poor communication.

"I can tell you my client knew of the date, but there was a previously standing commitment for today and tomorrow," he said, assuring the judge that his client was not a flight risk.

Kern said Cardi B had asked for an adjournment before Monday but the court had denied it. She was initially due in court on Oct. 29, but the court allowed her to reschedule.

According to The New York Times, Cardi B accused one of two sisters who tend bar at the Angels NYC club of having an affair with her husband, Offset, who is part of the rap trio Migos. Citing police, the newspaper said Cardi B's bodyguards and members of her entourage attacked the sisters with bottles and chairs.

Cardi B's agents and Joe Tacopina, an attorney representing the two bartenders, did not immediately respond to Reuters' request for comment on Monday.

She has also made headlines for an ongoing feud with rapper Nicki Minaj, with whom she had a physical altercation during an event at this year's New York Fashion Week. After a series of posts on Twitter and Instagram directed at each other, the two agreed on a ceasefire in October. REUTERS

Pain on the inner side of your knee?

If you struggle with pain or aching in your knee, you may have **osteoarthritis** (OA) - a common condition that causes knee cartilage to "wear away" over time, leading to painful bone-on-bone contact.

Doctors **Hospital for Special Surgery in Manhattan** are accepting participants for a new clinical research study. The study is for the **Calypso Knee System** - an investigational device designed to relieve knee pain, while preserving your joint's natural motion.

If you participate, you will be treated by a team of specialists and will receive the Calypso Knee System and procedure at no cost.

To see if you might qualify visit **CalypsoKneeStudy.com**

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@ metro newyork

*Pat King*
*Grumble Editor*

ISTOCK

**READER WRITE-INS:**

**STOP STANDING DURING SEATED CONCERTS!**

I am writing to complain about my attendance at a concert. On Saturday, Dec. 1, 2018, while at Madison Square Garden in NYC, I attended the Ne-Yo and Keyshia Cole concert. During the concert, the group in the row in front of me stood up for 76 percent of the concert. They were rude and when asked to sit down, they said they paid for their seats and they wanted to stand up. Well, they paid for seats and they should have sat in them. Finally, another attendee got frustrated and told them to sit down and they finally did. If you want to stand up during the entire concert, please attend a concert with no seats. Others want to enjoy and, more importantly, see the show. **— Yvette,** *Metro New York reader*

**VENT TO US!**
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**DON'T FORGET YOUR FRIENDS**

While many of us binge-watch the American version of "The Office" on a yearly basis, it's easy to take for granted how fresh and funny it was when it came out. Steve Carrell's Michael Scott is one of the all-time great television characters whom you somehow despised yet still wanted to see do well. John Krasinski and Jenna Fischer's Jim and Pam as the only sane people at Dunder Mifflin were the emotional center of the show and their "will they, won't they" saga was the glue that brought the whole thing together. Since the show ended in 2012, there was little talk about ever reviving the series until this year. Over the weekend, fans lost their collective minds as Jenna Fischer released a photo of the majority of the original cast — including Rainn Wilson, Angela Kinsey and Ed Helms — meeting with creator Greg Daniels. Of course, Carrell and Krasinski may be too busy for this trip back to Scranton, Pa., but knowing that most of the old crew is getting back together is cause enough for celebration.

TWITTER/@JENNAFISCHER

Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

metro & evvnt

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List your event on metro.us/events

# metro.us/horoscopes

**Aries** You'll have some big ideas, but before you jump into something, find out what it's going to cost and what the ramifications could be.

**Taurus** Relationships are favored. Make plans to explore the possibilities that a business or personal partnership has to offer. Take care of legal matters that need to be updated.

**Gemini** You'll be attracted to the wrong people. Be careful whom you trust or offer to help. Someone will take advantage of your generosity. Moderation should be a priority.

**Cancer** Indulging in a little shopping, engaging in activities with children or doing something special with your romantic partner will be memorable.

**Leo** You'll face complaints if someone isn't happy with the way you've been acting. Consider how you feel and make adjustments to offset any problems. Don't use indulgent behavior.

**Virgo** Look for ways to cut corners. An industrious approach to gift-giving can help you curb expenses. Use your skills to make something unique, or buy in bulk.

**Libra** Get along with your clients and colleagues. Now is not the time to cause a ruckus. Look for ways to keep the peace without jeopardizing your integrity or beliefs.

**Scorpio** Channel your emotional energy into something worthwhile. Showing someone how much you care will bring you closer together. A little romance or a kind gesture will bring big rewards.

**Sagittarius** Keep your life simple. Don't feel you must help others before you help yourself. Someone will try to take advantage of you if you are too accommodating.

**Capricorn** A heartfelt helping hand will make a difference and leave you feeling good. Romance is encouraged and will improve your personal life. Bring joy to someone's day!

**Aquarius** Don't fight a losing battle. If you put your time and energy into something tangible, you will have no regrets at the end of the day. Take the path of least resistance.

**Pisces** Don't take on too much or labor over things you cannot change or afford. Stick to a plan that is doable and make the most of what you've got. Romance looks promising. EUGENIA LAST

# ***Important Knee Arthritis Pain Alert***

# "Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years..."

## Free Screenings* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

**Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?**

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

*…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…*

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first*.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

**Do You Have An Open Mind?**

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

**Because There is Proof**
**Real medical proof.**

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

**What were his results and what do they mean for your pain?**

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

**This is incredible news for you... and here's is why...**

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

**And it gets better.** The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

**Bottom line:** This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

**What IS This Treatment**
**And How Can You Find Out**
**If It Can Help You?**

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

**But here is something you must know:** In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

**We have the best... but we also make treatments VERY affordable**

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

**Your Special Invitation…**

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

**Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE**

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

**Please understand this:**

This treatment can possibly take away your pain...

**No matter how long you've been suffering.** It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results . . .

**No matter how bad or helpless you THINK your case is.** Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

**You Get To See If You Qualify For FREE**

That's' right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

**So my big question for you is –** is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are…They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening . But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

**It Will Just Get Better All By Itself!**

Fact is... it may only get worse.

**Here Is How To Get Your Free Screening...**

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that. . You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**

NYC PAIN MD

***877 380 8537***

# Have an eco-friendly *Christmas*

Believe it or not, the holidays are a major source of pollution. Here's how to make this season a bit more environmentally friendly.

**DANIEL CASILLAS, MWN**
letters@metro.us

Christmas is a day that is celebrated in most parts of the world. It is full of good wishes, parties, decorations, gifts and plenty of food. However, many of the activities surrounding this international celebration can generate a lot of pollution.

A report called "The Carbon Cost of Christmas," published a few years ago by the Stockholm Environment Institute, revealed that "our total consumption and spending on food, travel, lighting and gifts over three days of festivities could result in as much as 1,433 lbs. of carbon dioxide emissions ($CO_2$) per person." That is equivalent to the weight of a thousand Christmas puddings!

According to the paper, the activity that generates the largest carbon footprint during the season is purchasing gifts, with a total of 684 lbs. of $CO_2$; in second place is the extravagant Christmas lighting, with 481 lbs. of $CO_2$; next is travel by car, with 212 lbs. of $CO_2$; and finally, the Christmas meal: 57 lbs. of $CO_2$.

The beloved Christmas tree also causes pollution. According to a calculation made by the Carbon Trust, a 6.5-foot artificial tree has a carbon footprint of about 88 lbs. of $CO_2$ — more than twice that of a real tree that ends its life in a landfill, and more than 10 times that of real trees that are burnt."

**But is it possible to have an eco-friendly Christmas? Experts do believe so**

"Yes, we can turn our Christmas celebration into an eco-friendly celebration by making a few changes. Largely, the focus should be on using sustainable products and materials, reusing items you already have instead of buying new things for every Christmas, reducing any kind of waste, and trying to keep the celebration as more of a 'fewer things, more experience,'" confirmed Amruta Kshemkalyani, sustainability consultant and founder of Sustainabilitytribe.com. Finally, more than taking care of our carbon footprint, achieving an eco-friendly Christmas is about enjoying being with our loved ones during the holidays and not encouraging consumerism.

## Metro highlights *tips* on how to pollute less during *Christmas*:

### CHRISTMAS LIGHTS

The old lights that adorn our homes during the Christmas season can be very polluting and even dangerous because of the possibility of fire. That's why experts advise switching to LEDs, which use up to 90 percent less energy. In addition, Bill Ulfelder, executive director of The Nature Conservancy in New York, advises turning off those lights when not occupying them: "And as always, be conscious of your energy use. If you are not going to be present to enjoy the lights, just turn them off, not just during the holidays, but year round."

### CHRISTMAS TREES

Various studies indicate that plastic trees actually cause more pollution than natural ones; however, Kshemkalyani recommends creating your own organic tree for the holidays. "Honestly, I feel we need to think out of the box and create our own eco-friendly Christmas trees, because natural trees are often cut. If a recycling facility is not available near you, then you are adding waste to landfills. There is the hazard of fire or even fungi inside your home because of a Christmas tree."

## CHRISTMAS GIFTS

Buying gifts is the most polluting part of Christmas, and therefore it is necessary to be aware of it. Kshemkalyani proposes creating your own gifts or, if that is not possible, buying articles made of sustainable materials. "The best gifts are handmade, so it's a great opportunity of letting your inner creative take over. If you don't have enough time, try finding gifts made of sustainable material, or if you are not sure, go for gift vouchers as they rarely get wasted," the consultant explains.

## CHRISTMAS FOOD

Although delicious, Christmas food is also a source of pollution, especially if wasted. Bill Ulfelder tells Metro how his family avoids adding to emissions when it comes to Christmas food: "For my family's holiday meals, we try to make sure that as many ingredients are locally-sourced as possible, including meat. We support local farmers at our farmers' market, look to reduce shipping distances, and we try to buy what's in season at the supermarket."

## GIFT WRAPPING

Not only is buying gifts very polluting, but so is wrapping them. Leyla Giray Alyanak, specialist in conservation who runs the popular solo travel website Womenontheroad.com, says that "gift wrapping and packaging makes Christmas a hugely polluting event, with millions of tons of plastic and foil thrown out over just a few days, ending up in landfills and fueling emissions." Thus, she recommends: "There are a few things you can do to mitigate the damage. The first is obvious: re-use the wrapping paper. If you're careful when you open your gifts, there's no reason not to recycle the paper for next year's gifts. You could also forgo wrapping paper and wrap your gifts in something reusable instead, like a colourful cloth or scarf."

## *Best eco-friendly gifts*

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# *Theater* isn't hibernating

Here are five big reasons to get excited about what's coming to the city's stages on and Off Broadway this month.

EVA KIS
eva.kis@metro.us

The cold weather usually brings with it the requisite holiday shows to Broadway and beyond. There's "The Illusionists" for those who want to be dazzled by magic. Ruben Studdard and Clay Aiken are teaming up for a concert of holiday classics. And of course, all the many only-in-New-York versions of "The Nutcracker."

But this year, there's a strong crop of new productions coming to Broadway and Off Broadway theaters that have nothing to do with jingle bells or Santa Claus. We rounded up the most exciting new productions heating up NYC stages this winter.

JOAN MARCUS

## 'The Cher Show'

Cher may have started her career sharing the spotlight with Sonny, but there's been no one else who could keep up with her constant reinvention over the decades. Stephanie J. Block, Teal Wicks and Micaela Diamond share billing as stars of "The Cher Show" at the Neil Simon Theatre. The jukebox musical, of which Cher herself is a producer, works in 35 of her songs, both big hits and smaller numbers she's glad are getting attention.
**Opens Dec. 3, thechershowbroadway.com**

JAN VERSWEYVELD

## 'Network'

The stage adaptation of "Network" needed a formidable but vulnerable actor to play the unraveling news anchor Howard Beale — and there's none better in the business than Bryan Cranston. This thrilling and avant-garde adaptation at the Belasco Theatre owes its energy to director Ivo Van Hove, who once again uses cameras to supplement the action and bring the 1976 movie into the modern world. Guests can also opt for a seat onstage, where they'll enjoy a four-course meal and cocktails during the show curated by former White House executive pastry chef Bill Yosses. **Opens Dec. 6, networkbroadway.com**

## 'Clueless'

We're living in the age of the coming-of-age musical, and now it's time for the most influential teen movie of the '90s. Screenwriter Amy Heckerling has turned her note-perfect Valley Girl adaptation of Jane Austen's "Emma" into "Clueless: The Musical," with the luminous Dove Cameron in the lead role of Cher, who's still hopeless at love even as she counsels her friends in matters of the heart. Heckerling also composed the songs that now guide Cher toward her eventual spiritual awakening at the Pershing Square Signature Center. **Opens Dec. 11, through Jan. 12, 2019, newyorktheatreguide.com**

SERGE NIVELLE

## 'The Jungle'

The humanitarian crisis of Middle Eastern and African refugees fleeing war and poverty for Europe makes headlines only when a particularly gruesome incident happens. "The Jungle" is not that story. The hugely successful London production about a theater in the French migrant camp of Calais tells the stories of its inhabitants and their hopes of rebuilding the lives they lost over a night at the local Afghan Café. Inside Brooklyn's St. Ann's Warehouse, audience members sit at wooden tables with the stage crossing through them revealing stories both devastating and boundlessly hopeful. **Dec. 4-Jan. 2, 2019, stannswarehouse.org**

MARC BRENNER

GETTY IMAGES

## 'To Kill a Mockingbird'

Harper Lee's 1960 book about innocence lost is coming to Broadway, with the unlikely helmsman of Aaron Sorkin ("The West Wing"). "To Kill a Mockingbird" tells the story of Atticus Finch (Jeff Daniels), a white attorney tasked with defending a black man charged with rape, a task arguably as fraught today as in 1936 when the event the book is based on happened in Alabama. Sorkin has plenty to work with from our own cultural moment, as the nation continues to confront the ongoing pain inflicted on black bodies and the repression of black voices. **Dec. 13, tokillamockingbirdbroadway.com**

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# Tony Shalhoub on the 'ripples' of 'The Marvelous Mrs. Maisel' season 2

Midge's actions in the first season are beginning to affect everyone else, especially her parents.

ANDREW HUSBAND
letters@metro.us

Midge's actions are starting to affect her parents. ALL PHOTOS AMAZON STUDIOS

Miriam "Midge" Maisel's (Rachel Brosnahan) estranged husband Joel (Michael Zegen) isn't the only person who's feeling the effects of "The Marvelous Mrs. Maisel" season 1. The burgeoning stand-up comic's heavily traditional parents, Abe (Tony Shalhoub) and Rose (Marin Hinkle), are also trying to come to terms with their daughter's new life. What's more, they're doing so at a disadvantage, as they don't actually know what Midge has been up to when she goes out at night.

"All of the changes in Midge's life from the first season are impacting these other characters," Shalhoub tells Metro. "We're seeing the ripple effect of her choices and of all the upheaval that they have been causing."

"The ripple effect actually causes some to kind of blossom into a new dimension," adds Hinkle, whose character, a stay-at-home mom, embarks on her own adventure following her daughter's adventures. "In a way, it's a reconnection to her own youth."

The show's newfound focus on its supporting characters, especially Rose and Abe, takes the series on a whirlwind trip to Paris in the very first episode of season 2. The glitz and glamor that accompanies a location shoot is, of course, on full display, but so too is Hinkle and Brosnahan's chance to switch places.

"It's like holding a mirror up to nature a little bit," Hinkle continues. "With what Midge is doing, and with what she's calling me out on — by leaving the home, it comes full circle. I love that because, in a way, I become a little bit closer to her. Even though Midge still has this secret that I don't really know about, or I don't know what she does, it's still a great connection."

Obviously, what Rose experiences in season 2 is very much her own journey, but it also involves her husband. That's why he and their daughter end up traveling across the Atlantic to find her (and discover what's really going on). It's also why Shalhoub can't help adding to Hinkle's explanation during their joint interview. For as much as Rose and Abe are individual characters blossoming into their own, they're also a unit — a dysfunctional one, but a unit all the same.

Tony Shalhoub.

"The changes that Midge is going through kind of force Rose and Abe to reevaluate their own relationship," he says. "Which has been… maybe there's been some complacency there. It has set in over the years. I mean, it just is what it is. It's an okay marriage, it's solid and everything, but this causes them to really look at it with fresh eyes and figure out where they should go from here."

"I loved it," Hinkle concludes. "I loved that we got to this. So much."

*"The Marvelous Mrs. Maisel" season 2 premieres Wednesday on Amazon Prime.*

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HEALTH

# 4 Ways to fight *loneliness*

A study conducted by Brigham Young University has confirmed that loneliness is about to become one of the major public health problems. It can even kill you. In fact, if a person lives alone and is socially isolated, the risk of mortality increases by 32 percent. But don't be afraid, there many tools out there to fight it. Metro highlights some of them. **LUZ LANCHEROS | MWN**

## 'Her' becomes reality

The 2013 American romantic science-fiction drama film, in which a man develops a relationship with an intelligent computer, is no longer something out of this world. An A.I.-powered virtual assistant from Japan dubbed Gatebox is here to help combat loneliness. This avatar has a speaker and is able to recognize faces and control several household functions. Mass production of the device was announced this year.

## Fribo

This is another cyborg that is set to help young people who live and work alone. The Korean device provides a way to maintain daily connections. It does so by listening for what goes on in your life and the life of your friends. After being presented at this year's ACM/IEEE International Conference on Human Robot Interaction, some people became interested in what their peers were doing while others considered the device invasive.

## Specialized apps

Yes, there are many apps for making friends and for other types of relationships. But for those who feel lonely, there is Amintro, which helps lonely adult users over 50 by aiding them in making plans with friends. Registration is free. Tastebuds, on the other hand, serves to unite people according to their tastes. My Film Club is based on the cinema-related things that you have in common, and Chattous will allow you to talk for hours with people.

## New communities

From dinners that are made to integrate people to events like the ones put on by Daily Guru, there are also many local communities of diverse interests to join. Co-housing, or intentional communities of private homes clustered around shared spaces, has also become a great alternative to alleviate loneliness.

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# Giants' Shurmur, Jets' Bowles the worst NYC-area coaches

Metro ranks all eight head coaches around the Big Apple as the end of the year draws near.

JOE PANTORNO
joseph.pantorno@metro.us

Todd Bowles (left) and Pat Shurmur (right) have had miserable seasons at the helm of the Jets and Giants. GETTY IMAGES

With 2018 winding down, it's time for most New York City-area franchises to take a long, hard look in the mirror at the men tasked to lead their teams.

It hasn't necessarily been a fruitful time for the area. Over the past two calendar years, only the Yankees and Rangers have made the playoffs. This year, only the Bronx Bombers appeared in a postseason.

So much for the big-market teams pacing their respective leagues.

In a city that never sleeps, the speculation of change doesn't necessarily stop, either. You need more than two hands to count the number of times you've read a newspaper or gone online only to see the future of your favorite team's head coach in question.

It's happening this year, too, despite six teams debuting brand-new coaches.

The NYC area is on the verge of seeing at least one more coach fired before 2019 in New York Jets boss Todd Bowles. But where does he stand among the rest?

Metro New York ranks the eight head coaches of New York City's "Big 4" sports franchises:

### 1. BARRY TROTZ, ISLANDERS

***1st season: 13-9-3 career record with Islanders***

As silly as this sounds, Trotz is the best coach in New York. He's coming off a Stanley Cup championship with the Washington Capitals and has the small-market Islanders exceeding all expectations early on this season. He's also brought legitimacy to a franchise that has been a laughingstock for much of the past 20 years due to broken leadership, tone-deaf general managers and inexperienced coaches.

### 2. DAVID FIZDALE, KNICKS

***1st season: 8-16 career record with Knicks***

The fiery head coach has brought a passion and excitement back to Madison Square Garden that haven't been seen in years. The record isn't pretty, but he's getting the most out of his players, notably Emmanuel Mudiay, who is resurrecting his young career in the Big Apple. Just wait until the Knicks spend some money over the summer and bring in big-time talent. Fizdale is about to flourish.

### 3. DAVID QUINN, RANGERS

***1st season: 13-12-3 career record with Rangers***

Much like Trotz, Quinn is exceeding all expectations with his Rangers so far in 2018. The first-year head coach is not only taking a rebuilding franchise and finding ways to win games, but he's also doing so with no prior NHL head-coaching experience. The 52-year-old is only going to grow as the Rangers build their way back into serious contention.

### 4. AARON BOONE, YANKEES

***1st season: 100-62 career record with Yankees***

Coming off a first year in which he put up 100 wins, one would think Boone would be much higher on this list. However, the former ESPN analyst had plenty of growing pains when it came to decision-making and the handling of his bullpen down the stretch, especially in the ALDS against the Boston Red Sox. Almost anyone can put up a ton of wins in the regular season with the Yankees' roster. A good manager needs to know how to take that next step and get to a World Series.

### 5. MICKEY CALLAWAY, METS

***1st season: 77-85 career record with Mets***

The former pitching coach took his lumps with the Mets in yet another disappointing season for the franchise. He didn't necessarily help with his patronizing responses to the media after finding ways to lose games. It's worth noting, though, that he lived up to the billing of working well with pitchers. He managed Jacob deGrom to a Cy Young Award and is overseeing the resurgence of Zack Wheeler. Now let's see what he can do with a healthy, possibly upgraded offense.

### 6. KENNY ATKINSON, NETS

***3rd season: 56-132 career record with Nets***

Atkinson has had the difficult task of trying to navigate the Nets through the tail end of the organization's dark times. Now in his third year, there was a belief that an improved Nets team could make a legitimate push for the playoffs in the weak Eastern Conference. Instead, he's 8-16 through 24 games this year. The losing has to stop or he'll be gone by season's end.

### 7. PAT SHURMUR, GIANTS

***1st season: 4-8 career record with Giants***

The past two weeks have shown that Shurmur is unfit to coach the New York Giants. After blowing a 19-3 lead in a last-second loss to the Philadelphia Eagles in Week 12, Shurmur's Giants blew a 10-point lead in the final two minutes against the Chicago Bears on Sunday before pulling out an overtime win. His playcalling has been inconsistent and questionable while he's had issues giving star rookie running back Saquon Barkley the ball enough times. Even though the Giants are 3-1 in their last four, those wins have come against bad or shorthanded teams and shouldn't mean much to the incompetent coach.

### 8. TODD BOWLES, JETS

***4th season: 23-37 career record with Jets***

Remaining the head coach of the Jets with each passing week is like an escape act for Bowles. The franchise's weak coaching staff is the main reason why he still has a job. An unmotivated mess of a team is one of the least disciplined when it comes down to crunch time, as seen with their four penalties committed while allowing the Titans to drive down for the game-winning touchdown on Sunday. He's counterintuitive when it comes to the development of rookie quarterback Sam Darnold and will only continue to handcuff the franchise during the final weeks of his stint in New York.

# METS FANS HAVE TO LIKE THE CANO TRADE

OPINION

MARC MALUSIS
@marcmalusis

So, I guess the Mets are damned if they do and damned if they don't.

I will give new general manager Brodie Van Wagenen credit: He is certainly looking to make a splash and define his era and tenure in the Mets' front office early.

As Van Wagenen completed his first blockbuster trade as GM, acquiring second baseman Robinson Cano and closer Edwin Diaz from the Seattle Mariners, some of the initial analysis has not been all positive.

"You gave up too much!"

"How do you trade away your top overall prospect?"

Those were just some of the criticisms that were heard before and after the deal on Monday.

We all know how popular baseball is in this market. Amongst sports fans, it dominates the conversation.

We also know that both Mets and Yankees fans love prospects. But above all else, I think all fans like winning the most, and the Mets are a better baseball team today then they were last Sunday.

For Van Wagenen, he has basically said there is a new sheriff in town. One who will be more aggressive and is looking to win now and change the look and feel of the Mets from the get-go.

Instead of a glacial pace of change, he looks to be an instrument of it. For that, it is a good thing and very refreshing. You cannot continue to bring back the same guys and hope for different results.

Listen, you might not ever be able to fully win when you make a trade, initially. There are always going to be detractors, even when the balance of the trade is tilted in your direction.

Robinson Cano is officially a Met, along with closer Edwin Diaz. REUTERS

That is what sports fans do, and for some, they are never happy.

The parameters of the Cano deal are as follows: He and Diaz, along with $20 million dollars in cash to the Mets for Jay Bruce, Anthony Swarzak and prospects Justin Dunn, Jarred Kelenic and Gerson Bautista.

I agree that the Mets paid a heavy price in prospects and former first-round draft choices, like Dunn and Kelenic, but what they brought back in Cano and Diaz makes the Mets a better team in 2019.

Even with Cano being 36 years old and having served an 80-game suspension for a failed drug test (PED) in 2018, I do believe he will be extremely motivated to come back East and play in a city that he adores.

I don't know how long Cano was using performance-enhancing drugs, but what I do know is that he can flat out hit and will be the best offensive player on the Mets roster.

Let's also refrain from bringing up past failures of players who came to the Mets and failed after being a star someplace else like Carlos Baerga and Roberto Alomar. I think Cano will hit to the back of his baseball card and will absolutely adore coming back east.

His average season is 42 doubles, 24 HR, 96 RBI while hitting .304. If the Mets got that kind of season, they would be elated, and I think they will.

I do know that Diaz was lights out as Seattle's closer a year ago. He led the AL with 57 saves and was an All-Star as well, featuring a dynamic fastball and a ridiculous slider.

Is he a one-year wonder? For sure, but his stuff is ridiculous and he might be the best closer in baseball.

Clearly, the Mets are in a win-now mode and this trade cements that. Did they give up too much? Probably. But is it a terrible deal? Not if you win.

You worry about what Dunn and Kelenic develop into if you don't win. The Mets are trying to win and they have a GM that is not allergic to risks, which I like.

It is not like the long game has worked for an organization that has not won a World Series since 1986.

Try and be positive because the Mets are a better team after this trade. And I don't think this is the last big move for Van Wagenen. His first move was refreshing. He wants to contend in 2019 and he wants to win and looks to be aggressive. How do you not like that?

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# GAMES

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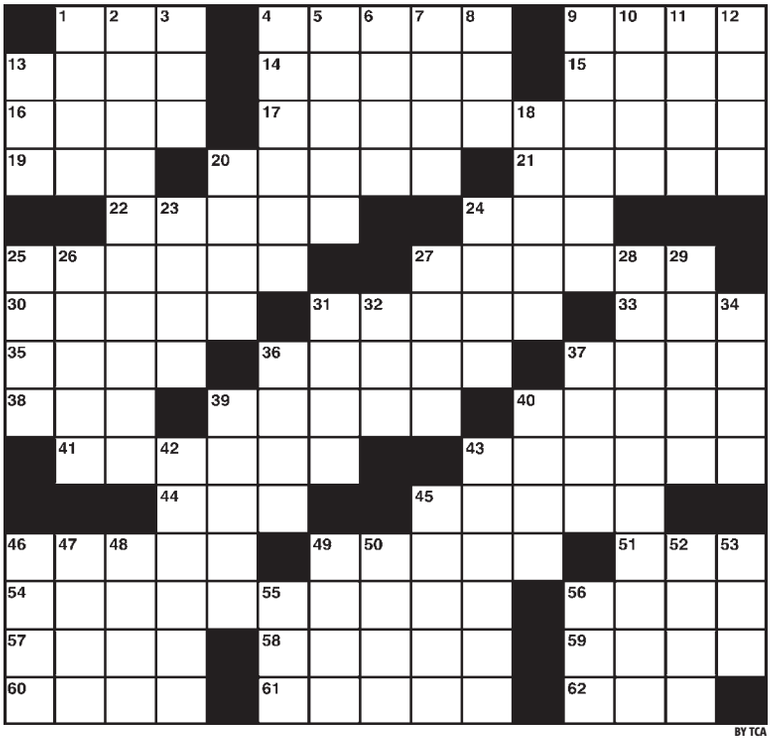
**ACROSS**

1 Winter month: abbr.
4 Like a rash, often
9 Male animal
13 Grandma
14 Wild brawl
15 Rise & fall of the waves
16 "Queen for __" of old TV
17 Not at all radical
19 Become firm
20 __ into; meets unexpectedly
21 Hurts
22 Secluded valleys
24 Noisy bird
25 Visible fold
27 Lifts with effort
30 Fertile area in a desert
31 Bawls
33 Kanye West's music
35 __ up; incite
36 Leo XIII & Pius X
37 Surfboard support
38 __-tac-toe
39 Dens & kitchens
40 Relinquish voluntarily
41 Acting awards
43 John the Baptist or Joan of Arc, e.g.
44 Largest club
45 Slogan
46 Frighten
49 Short-tailed weasel
51 Curved edge
54 Deep cut
56 Zero
57 Carney & Garfunkel
58 True and __ test
59 Lightly tap a baseball
60 Clutter
61 Wooded
62 Pack animal

**DOWN**

1 Green ring stone
2 Painkillers
3 Negative vote
4 Not susceptible
5 Orioles & Cardinals
6 Paper __; staple alternative
7 Female birds
8 Simple reply
9 Alley cats
10 Wedding cake level
11 First man
12 Topaz & ruby
13 Unpleasant spouse
18 Chiang Mai residents
20 Mrs. Truman
23 Lion's den
24 Biden & Montana
25 Expense
26 Numerical comparison
27 Rushes
28 Disloyal to one's nation
29 Streetwise
31 Sounds of contentment
32 Record speed letters
34 One's equal
36 Tiny skin opening
37 Where to apply Compound W
39 Petty or Andretti
40 "W" on a light bulb
42 Hug
43 __ and groaned; complained
45 Bullwinkle, for one
46 Close noisily
47 Give a hoot
48 __ up; misbehaves
49 "When You Wish Upon a __"
50 Mah-jongg piece
52 Traveler's stops
53 Largest U.S. opera house
55 Toward a ship's stern
56 Org. for Rockets & Raptors



BY TCA

## metro.us/wordsearch

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Z | N | A | M | S | G | N | I | K | M |
| A | O | N | G | R | I | T | O | B | C |
| I | K | S | W | O | B | E | L | R | R |
| D | R | S | Q | U | Q | H | A | I | T |
| M | J | O | G | E | X | Z | P | D | R |
| F | U | Y | N | B | Y | D | N | G | A |
| F | F | T | T | M | D | U | D | E | E |
| E | L | R | O | Y | A | L | E | S | H |
| J | N | U | R | I | Q | N | R | Z | H |
| Y | L | E | G | A | C | Y | R | W | D |

**Big**
**Bridges**
**Crazy**
**Dude**
**El Royale**
**Grit**
**Heart**
**Iron Man**
**Jeff**
**Kingsman**
**Lebowski**
**Legacy**
**R.I.P.D.**
**Tron**
**True**

## metro.us/wander

**Category: Sports Team**

| | | | | |
|---|---|---|---|---|
| O | S | E | L | |
| B | T | C | T | S |
| | O | N | I | C |

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

## metro.us/sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 6 | 1 | 8 | | | 7 |
| 8 | 2 | | | | 3 | | 9 | |
| 6 | 7 | 3 | | 4 | 9 | 8 | 5 | |
| | 3 | | | 9 | 5 | | | 6 |
| | 6 | 9 | 4 | | 7 | 5 | 8 | |
| 4 | | | 3 | 6 | | | 7 | |
| | 1 | 6 | 9 | 8 | | 3 | 2 | 5 |
| | 8 | | 7 | | | | 6 | 9 |
| 5 | | | 1 | 3 | 6 | | | |

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| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | G | | | S | A | L | E | M | | A | R | C | H |
| A | X | E | S | | T | R | A | L | A | | S | I | L | O |
| W | A | N | T | | R | O | M | A | S | | S | C | A | R |
| | M | E | R | R | I | M | E | N | T | | I | O | W | A |
| | | | A | I | D | A | | | E | S | S | | | |
| I | M | B | I | B | E | | S | T | R | A | I | G | H | T |
| N | O | O | N | S | | F | I | R | E | D | | L | A | W |
| C | O | O | S | | P | A | G | E | D | | D | A | L | E |
| A | L | S | | S | H | I | N | E | | L | A | D | L | E |
| S | A | T | C | H | E | L | S | | S | O | R | E | S | T |
| | | | A | H | A | | | M | A | U | L | | | |
| O | W | L | S | | S | T | R | A | N | D | I | N | G | |
| D | R | A | T | | A | R | I | S | E | | N | E | O | N |
| D | I | V | E | | N | I | C | K | S | | G | A | T | E |
| S | T | A | R | | T | O | A | S | T | | | R | A | W |

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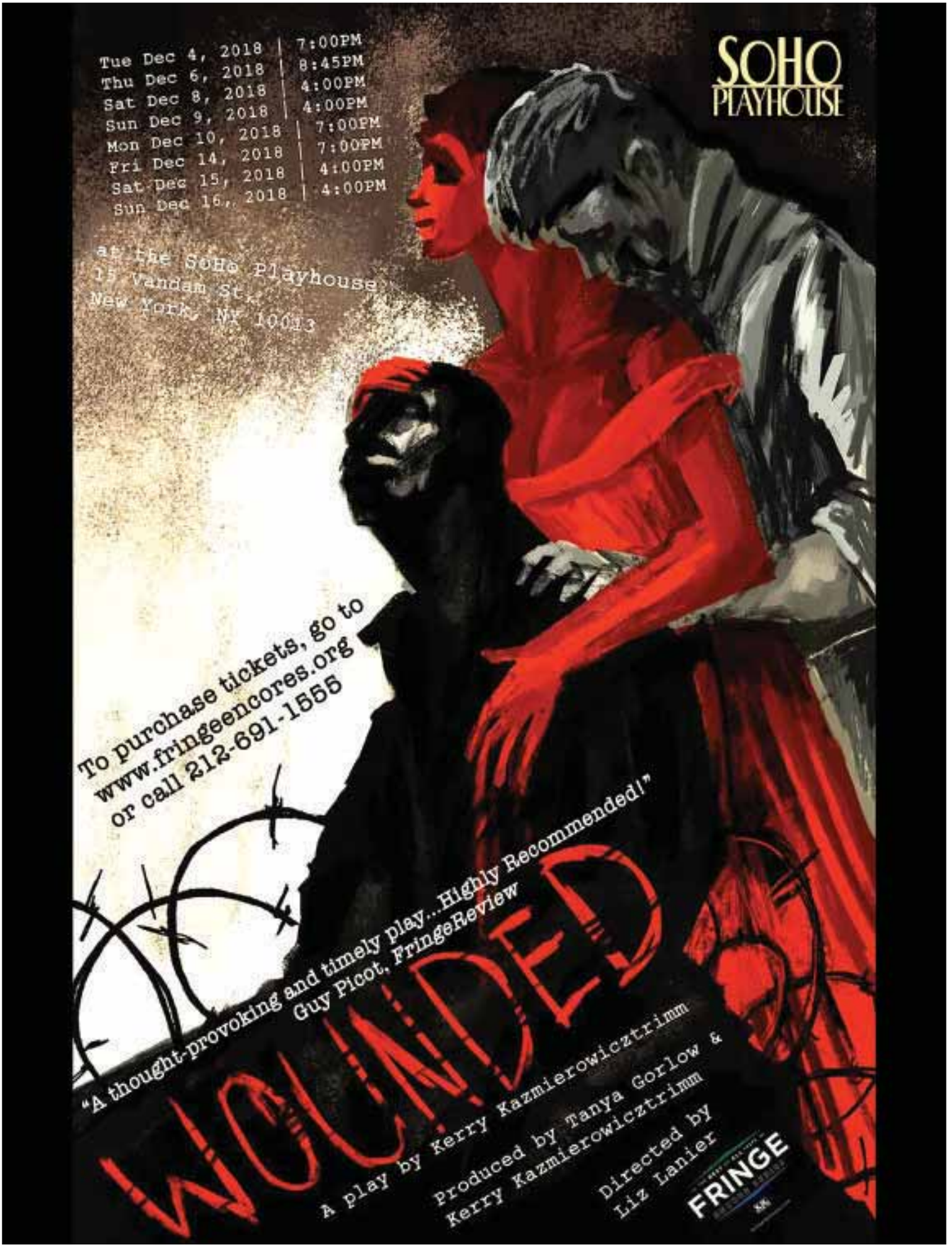
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